FROME & DISTRICT WHEELERS
John Galway Memorial 10-Mile Time Trial
19 Feb 2017 - 09:02 hrs start

Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations

Event Secretary: Andy Henderson, 1 Sandford Park, Trowbridge, Wiltshire. BA14 9NN. Tel: 01225 754723. Mobile on the day 07584 121069. Email: midget.mighty@googlemail.com

Time Keepers: Paul Arayan & Dennis Davis.

U375 Course Details: START in Ridgeway Lane 15 yds from junction with A361, turn immediately left onto A361, proceed to RAB at the top of ski ramp, take the 2nd exit and proceed to Blatchbridge RAB, take the 2nd exit and proceed to Pylon RAB, take the 1st exit to trading estate RAB, take 2nd exit (straight across) to Oldford RAB where circle and retrace to finish after the bridge over river Frome just before ski ramp.

**At the finish, competitors must shout their race number to the timekeeper. Do not approach the timekeeper during the event, continue back to the HQ. Any disputes or queries will be resolved at the HQ.**

We will have marshals out on the course and I will try to place out some directional arrows, however **It is the riders responsibility to know the course**. **Please ensure you know the route before starting.**

Headquarters: Nunney Village Hall, BA11 4NR. Changing facilities and toilets are available. Due to the large entry we will have very limited parking space available at the HQ. We do however have additional parking at the Lorry Café car park next to Nunney Catch round-a-bout (see attached map). The owner has confirmed that we are welcome to use the toilet and shower facilities which are to the left of the Café. Please note the following:

* Please do not block the HQ access.
* Avoid parking on the road adjacent to the HQ and avoid parking in Nunney Village.
* There may be some spaces available at the layby opposite the start (DO NOT BLOCK THE CAFÉ & CONSEALED ENTRANCE OR PARK IN FRONT OF THE DROP KERB, THE OWNER GETS VERY CROSS).
* Please avoid parking on Ridgeway Lane, we have provided plenty of overflow parking so this should not be necessary.
* In all cases please be considerate when parking and do not restrict\block residents access.

Signing On & Numbers: Please ensure you sign-on at the headquarters and collect your number. Numbers can be exchanged for free tea or coffee after the event. The HQ will be open at approximately 8:00 hrs. Please read any notices on the signing on table. These are there for your safety.

NB: Avoid passing the finish timekeeper when not competing. If this is unavoidable, please indicate to him, clearly, that you are not racing. No warming up on the course once the first rider has started.

Heads Up – Have a Safe Ride**: A working front and rear light is recommended.** The CTT strongly advise the wearing of a hard shell helmet. It is a regulation of the CTT that all riders under 18, or Juniors as defined by Regulation 9, should wear a hard-shell helmet conforming to a recognised international safety standard in accordance with regulation 15.

Prizes**: Total prize fund is £570**. We will issue the Overall (1st, 2nd & 3rd) including the John Galway Memorial Trophy, Female and Junior prizes on the day, all others will be via post. Full details of our extensive prizes fund can be found on tab 2 of the attached spreadsheet along with your start position and start time.

Ride safe but most of all enjoy yourself, Andy Henderson.